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Extended Abstract

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Relationship of Time Perspective with Social Support, Pessimism and Coping Strategies in in Isfahan Province-Iran in (autumn of 2019)

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Abstract:

Since women make up half of human societies, the foundation of the family system and social system depends on the health of all members of society, especially women. Women Despite the increasing number of injured women and at the same time facing this population with health problems, especially mental health, limited studies have been conducted on the mental health of injured women in Iran. Therefore, examining their mental health status and providing mental health services to this group at risk, which is one of the concerns of psychiatry and health experts in different countries, is one of the main priorities, and on the other hand, there are still related issues and problems. To this segment of society, especially its relationship with psychiatric problems and social pathology is one of the most challenging fields of research. The importance of the time perspective is that when one emphasizes one of these time frames more than others when making a decision, the desired time frame can become a cognitive time bias and the continuous and chronic use of this time frame can become a non-situational style that guides a person's daily decisions in various areas and encompasses all aspects of a person's life. Understanding the temporal attitudes of socially disadvantaged women about the past and the issues that led them to commit high-risk social behaviors, the present and the future they envision for their future play a key role in how to deal with stress, hope and optimism. To their future and Based on the presented principles, this study was conducted to investigate the relationship between time perspective and social support, pessimism and coping strategy in socially disadvantaged women in Isfahan-Iran province. The design of the present study is descriptive-correlational. Correlation research is one of the descriptive (non-experimental) research methods that examines the relationship between variables based on the purpose of the research and the statistical population of the study included 220 women of Isfahan's social idea damage in autumn 2019. To determine the sample size, 13 Social vulnerable 8 were selected based on Morgan table and data collection tools including Zimbardo (1999) time perspective questionnaire. This questionnaire has 66 items that are used to assess the time perspective in individuals. River.

The questionnaire is scored as a 5-point Likert scale for the options "Very False", "False", "Indifferent", "True" and "Very True", respectively, scores of 1, 2, 3, 4 and 5 in Is considered. This questionnaire has four dimensions that are added together to measure the score of each component and are divided by the number of questions of the component. The components of the research are 1) past-negative (10 questions). 2) Positive past (9 questions), 3) hedonistic present (15 questions), 4) hedonistic present (8 questions), 5) future (13 questions) 6) transcendent future (9 questions). Phillips Social Support Questionnaire (1986) This questionnaire has 23 items that measure the three subscales of family support (8), support of friends (7 items) and support of others (8 items). Questionnaire questions are graded on a four-point Likert scale from strongly disagree (1) to strongly agree (4). Chang et al. (1997) Extended Life Orientation Questionnaire The questionnaire has two components: pessimism (8 items) and optimism. (5 items) and the questions are graded based on a five-point Likert scale from strongly disagree (1) to strongly agree (5) and Lazarus and Folkman (1985) Coping Strategies Questionnaire The answers to this questionnaire in a continuum I did not use 4 degrees at all (0) to use a lot, (3) is added, which is the sum of the scores of the components of each strategy, the total score of that strategy was obtained. In order to test the research hypotheses, statistical methods of simultaneous regression coefficient and Pearson correlation coefficient were used using SPSS-22 software. The results of regression analysis of the first hypothesis of the study showed that the hedonistic attitude can predict changes in social support positively and significantly ($P < 0.01$). The results of the second hypothesis showed that the past and future temporal attitudes are negative and significant and the deterministic present temporal attitude positively and significantly predicts the changes related to pessimism ($P < 0.01$). Also, the results of the third hypothesis of the research showed that the negative time dimensions of the past, deterministic present, hedonistic present and the future predict the changes related to the use of emotion-oriented coping strategy positively and significantly ($P < 0.01$). In addition, negative past time attitude negatively and significantly and future time attitude positively and significantly predict changes related to the use of problem-oriented